

Milan Seniors for Healthy Living

empowering healthy aging and enhancing quality of life

December 2024 Newsletter

Open: 8 to 3 / M—Th

INSIDE THIS ISSUE

Blue Christmas.....	1
Health & Fitness.....	2
December Programs.....	3-4
Bingo Fundraiser.....	5
Ongoing Programs.....	6-7
Support Services.....	8
Food and Fun.....	9
Games & Outings.....	10
Special Event.....	11
Support Your Center.....	12
Memberships.....	13
Lifetime Members/BOD.....	14
Inclement Weather/Funders..	15
Calendar.....	16



MSHL STAFF

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Beverly Robinson

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Alan Lown

Director of Programming

Maxine Tewsley

Kitchen Production:

Sherrie Schwartz

Financial Consultant:

Amy Landingham

Strategic Assistant:

Angela Thomas



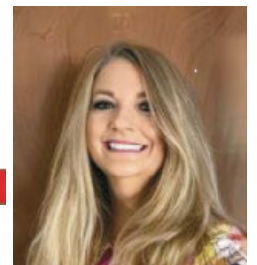
Tuesday
December 17th
12:45 pm

Pastor John White will be our Guest Speaker for our Blue Christmas Service. Blue Christmas is a service held to support people who are grieving or struggling during the holidays. These services are a time to acknowledge the darkness and complexity of life, and to offer a space for reflection, hope, and healing. If the holidays are difficult for you this year, please come to our Blue Christmas. If you are feeling strong and joyful, please come support those who may be struggling.

In addition to **Pastor John's** encouraging words, there will be gentle Christmas Music by **Amy R. Timbers**, and Christmas Hymns lead by **Tom Opal**. A candle lighting ceremony is one of the highlights of a Blue Christmas.

My wish for you this Holiday Season is that your heart and your home is filled with Christmas Peace.

*Season Blessings and Warm Embraces,
MaryAnn*



CONTACT US / 45 Neckel Ct., Milan, Mi 48160

Main Phone: (734) 508-6229

Transportation: (734) 322-8413

Aging in Action: (734) 418-0376

Meals on Wheels: (734) 508-6229

mshl@milanseniors.org

www.milanseniors.org

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Health & Fitness

MONDAY & WEDNESDAY / CHAIR YOGA @2pm

Instructor: Janae LeBar

Yoga targets muscle strength, softness, and flexibility. It encourages the body, mind and spirit to remain healthy and strong. This series will introduce you to basic poses, postures and breath that will be the building blocks to take you to that next level.

MONDAY / CARDIO DRUMMING @10am

Instructor: Beverly Robinson

Seated or standing, cardio drumming is a fun and easy exercise that helps activate major muscle groups with high-impact drumming movements. Ball, bucket and drumsticks are all that is needed. This is a medium-paced class but highly adaptable to all fitness levels.

TUESDAY / SITFIT @10am

Instructor: Beverly Robinson

Enjoy a seated workout to lively music making exercising fun! SitFit targets upper and lower body strength, flexibility and range of motion for a complete one-hour workout.

THURSDAY / EXERCISE4U @10am

Instructor: Beverly Robinson

This class is designed to challenge the mature adult of any fitness level through low-impact cardio, strength conditioning, and stretching with balance exercises sprinkled throughout.



THE FITNESS PASS

Mix and match your favorites, marking off a square for each class you attend. When your card is used up, buy another!

Senior Member	Senior	Non-Senior
\$40	\$50	\$60

TRY ONE FREE

We believe you need to find the fitness class that best fits your needs. MSHL has a "Try One Free" Policy for just this reason. Please try any and all the classes out once for free! If you already have a Fitness Pass, please let the office or your instructor know that you are trying this class out for the first time, and your Fitness Pass will not be marked for that first session.



BLOOD PRESSURE CHECKS

Every Monday from 11—12 / Beverly Davenport

Want to check your blood pressure? Stop by MSHL lobby anytime on Mondays between 11:00 and 12:00 to get your blood pressure read.

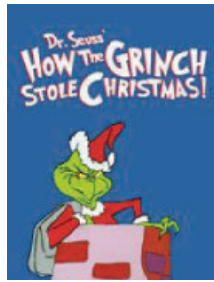
December Programs

CHRISTMAS MOVIE TUESDAYS

Tuesdays in December @12:30pm
In the Bingo Room

Settle in on Tuesday afternoons in December with a cup of coffee or hot cocoa and popcorn to enjoy a Christmas movie:

- ♦ 12/3 "Miracle on 34th Street"
- ♦ 12/10 "A Charlie Brown Christmas" & "How the Grinch Stole Christmas"



SUGAR PLUM TEA

Saturday, December 7th
From 2—3:30pm

Hosted by MSHL and
The Milan Chamber of Commerce

Join us for a magical afternoon in the Land of Sweets for the first ever Sugar Plum Tea. Enjoy tea, hot chocolate, and delicious afternoon tea snacks.

Open to all ages / Enjoy a special Nutcracker inspired performance by Dance Xplosion / Visit with the ballerinas

Have a tea set you'd like to use? Bring your own! If not, we have plenty available for your Sugar Plum afternoon.

Register at the office!

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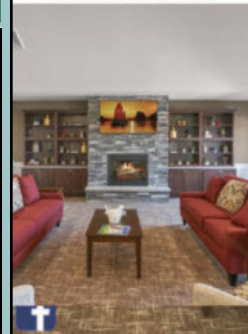
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December Programs

AGING WITH CONFIDENCE: STRATEGIES FROM YOUR GERIATRIC CARE NURSE

Thursday, December 5th @11am / Care Management by Natalie

Join Natalie Adewunmi, a Registered Nurse & expert Geriatric Care Manager, as she demystifies the role of care management in supporting the elderly. Addressing your top aging concerns from maintaining independence to managing health and financial planning. Natalie's workshop will provide actionable insights and strategies to help you navigate the complexities of aging with confidence. Don't miss this essential session designed to empower those facing the challenges of aging alone or with limited support.

Sign up in advance at the office!

CRAFTING W/ SHARON

Thursday, December 12th @9:30am

Hosted by Sharon Early



Join Sharon to create a beautiful Christmas ornament to add to your tree just in time for the holidays.

Register with the office.

Senior Member	Seniors	Non-Seniors
\$10	\$12	\$14

WREATH MAKING

Thursday, December 19th @9:30am

Hosted by Moon Mama



Join Moon Mama to make a ribbon wreath similar to the one pictured above. Make one for any occasion or any season.

Register with the office. It's free!

ACTIVITIES

Monday—Thursday
8am—3pm

We have non-stop activities. Join us for one, or spend the whole day with us!

TRANSPORTATION

Monday—Friday
8am—3pm

Rides by appointment for those 60+ living in the 48160 zip code.

SENIOR CAFÉ

4 DAYS A WEEK!
12:00pm

Monday, Tuesday
Wednesday, Thursday

MEALS ON

WHEELS

Monday—Friday

Meals on Wheels is specially designed for those who are homebound.

December Bingo

BINGO NIGHT

TUESDAY, DECEMBER 10TH

DOORS OPEN: 5:30 PM

BINGO STARTS: 6:30 PM

THE CENTER: 45 NECKEL COURT

One book of 3 cards each — \$20.00

One book of 6 cards each — \$25.00

Two books of 6 cards each — \$35.00



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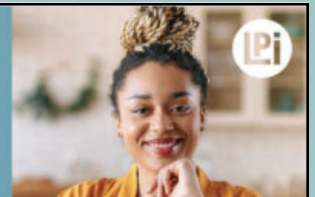
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careers@4lpi.com or
www.4lpi.com/careers

Ongoing Programs

PEER LED ACTIVITIES *We are adding more fun to Mondays!*



DEBY'S DESIGNS / Led by Deby Tubs

Monday, December 2nd @12:30pm

Join Deby to create a Christmas Craft. *Free to participate!*

DIAMOND ART

Monday, December 9th @12:30pm

CRANIUM CRUNCH / Led by Wendy Tobler

Monday, December 16th @2:30pm

Cranium Crunch sails new waters with Wendy Tobler at the helm guiding you through word games that are moderately challenging and fully fun!

TWISTIN' STRINGS / Hosted by Marcia Bolog & Evelyn Katona

Every Monday @11am

This month you can bring in your own project to work on in the friendly company of fellow knitters and crocheters. Marcia and Evelyn will be on hand for advice and questions. *No fee!*

JEOPARDY / Hosted by Maxine Tewsley

Monday, December 2nd @11am

This game is a hoot! Test your knowledge as you on a wide variety of topics as you clear the board answering \$100 to \$500 questions. Finish with a Final Jeopardy question. Give it a try!



TECH TALK: PASSWORD PERIL / Hosted by James Giordani of Clear Computing

Wednesday, December 18th @2:30pm

Say goodbye to password frustrations once and for all!

PT TODD: FALL PREVENTION / Thursday, December 19th @2pm

Hosted by Todd Thurman, PT, DPT

Proper footwear can reduce the risk of injury and falling, and it can improve your performance during physical activity. *Sign up today!*

Ongoing Programs

MEDITATION(+) TUESDAYS / Tuesdays @1:30pm

Hosted by MaryAnn Opal

For centuries now, meditation has been used to help people feel more at peace. In recent years, meditation has increased in popularity due to its scientifically proven benefits. In fact, according to the National Institutes of Health (NIH), the number of adults practicing meditation more than tripled in five years, from 4.1% to 14.2%. Meditation involves training your mind to focus, relax and redirect your thoughts.

December 3rd—Guided Meditation / December 10th—Book Club

WOMEN'S HOUR / Wednesdays @11am

Hosted by Cindy Swope

Join in the conversation! Cindy Swope does a fabulous job initiating conversation, sparking dialogue, and giving everyone a safe place to share insights, experiences, joys and challenges. Newcomers are always welcomed!

MEN'S COFFEE HOUR / Tuesdays @9am

Hosted by Gary Bourdeau



This is one of our biggest groups yet! Come “shoot the breeze”, solve the world’s problems, or simply enjoy the comradery of this great group of men. First time guests are welcomed!

POPCORN W/ THE PASTOR / 2nd Wednesday, Dec. 11th @12:30pm

Hosted by Pastor Matt West

Join Pastor Matt from Marble Memorial United Methodist to carry on the tradition of spiritual guidance. Plus, he brings popcorn!

TALK OF THE TOWN / 3rd Wednesday, December 18th @1pm

Hosted by Mayor Ed Kolar & Council

Pull up a chair and join in on the conversations that impact you and your community. Come with questions!

QUILTING B'S / Thursdays @10am

Hosted by Ellen Bell

Did you know that sewing releases endorphins which are natural chemicals that make you feel happy and calm? Stitch among friends and work at your own pace. All are welcomed!



MSHL Support Services

734.418.0376 / AGING IN ACTION

Beverly Robinson, Lead Resource Advocate

Aging in Action enhances quality of life and encourages aging with independence and dignity by providing a coaching and referral service designed to assist seniors as they work around challenges and barriers faced while aging. **Call for assistance.**



Mondays @9 / ACUPUNCTURE

Hosted by Dr. Linda Moaucheupao

Linda uses acupuncture to diagnose, treat, and prevent illnesses and improve well-being. Herbal Medicine and non-needle modalities are often used with acupuncture to help manage pain and promote health. **\$20 Members only.**

M—Th from 8 to 3 / 734.322.8413 / MSHL TRANSPORTATION

Alan Lown, Transportation Director

Rides by appointment for those 60+ and living in the 48160 zip code.
Call ahead to schedule your ride with us.

734.508.6229 / MEALS ON WHEELS

Meals on Wheels is specially designed for those who are homebound or whereby shopping and preparing meals takes considerable and taxing effort. **Call the office to see if you qualify.**

Monday, January 6th @1:30 / PODIATRY SERVICE

By Dr. Felhandler, DPM

Dr. Felhandler is a Foot Specialist and Surgeon specializing in the diagnosis and treatment of many conditions of the foot and ankle. Rates are based on your medical insurance plan and deductibles. **Call MSHL office for an appointment.**

By Appointment / VIRTUAL DEMENTIA TOUR

With MaryAnn Opal/by appointment

As a trained facilitator, MaryAnn will guide participants outfitted with patented devices, that alter their senses while they try to complete everyday tasks. The tour enables caregivers to experience for themselves the physical and mental challenges those with dementia face.

Contact MaryAnnO@milanseniors.org

By Appointment / MoCA MEMORY TESTING

With Diane London, RN

The Montreal Cognitive Assessment (MoCA) is designed as a preliminary screening tool for mild cognitive dysfunction. These results can be taken to your doctor for further consultation.

Make your appointment at the office.

Food and Fun

BIRTHDAY CELEBRATION

Thursday, December 12th @noon

Gather @11:30 / Eat @noon

Marlene Berkley	Nancy Harvey	Corinne Roth
Jim Brasfield	Carol Hewitt	Marvin Schultz
Patricia Butts	John Howard	David Stuckman
Christine Chie	John Koehler	Grace Stuckman
Patricia Jean Clark	Dave Lovelace	James Timbers
Diane DeLand	Deb McFarlane	Carolyn Wetzler
Carrie Furman	Tom Opal	Mary Williamson
Matt Gruden	Joseph Popp	

Join us in honoring MSHL Members with Birthdays in December. Birthday members receive a free lunch!



MEMBER'S ONLY CHRISTMAS MEAL

Wednesday, Dec. 18th @noon

Hosted by MSHL Board of Directors

The Board of Directors

has graciously offered to host MSHL's Christmas Luncheon. They will serve homemade Lasagna by our own Christine Chie.

We will have special music performed by Josette Rechul and Ken Guzman.

Christmas attire is welcomed. This is always a special time with our members. Please plan to join us.

CHRISTMAS PARTY

Thursday, December 19th @11am

Dress in your ugliest sweater and join us for a festive celebration!

- ◆ **11:00 White Elephant Exchange—**
Wrap up a gift from your home or the store (\$10 value) and join in on the fun; swap, steal or trade gifts before taking one home for yourself.
- ◆ **11:30 Listen to holiday music and get your picture taken with Santa!**
- ◆ **12:00 Lunch—**
Sign up at the office; enjoy a Christmas treat.
- ◆ **12:30 Ugly Sweater Contest—**
The winner will receive a special prize.



Games and Outings



Bingo	Monday	12:30	(25 pennies/1 dime)
	Wednesday	12:30	(12 dimes/1 nickel/1 quarter)
	2nd Wed.	12:30	(15 quarters)
	Thursday	12:30	(8 dimes/8 quarters)
Bunco	2nd Mon.	12:30	NEW!
Euchre	Tuesday	12:30	
	Wednesday	12:30	
	Thursday	12:30	
Mahjongg	Thursday	12:30	

OUT TO BREAKFAST

Every 4th Friday
December 27th @9am



Reserve with Sue Bemis:
734.483.6351



Special Event

New Year's Eve Party

Tuesday, December 31, 8pm—Midnight



Live Dance Band
Party Favors
Refreshments
Cash Bar
Countdown to
Midnight



This party is brought to you by:

Public Invited

Your ticket is more than an entrance to a party; it will help MSHL Tremendously!

New Price—
\$25 per person

For more info contact:
MaryAnnO@MilanSeniors.org



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Support Your Center

BOTTLE/CAN DRIVE

Drop off **CLEAN** bottles and cans in the front vestibule.

The bottles and cans you donate go a long way in helping us to offset some of the costs we experience being a non-profit organization.



MSHL MEMORIAL/HONOR FUND

MSHL is honored to receive donations in memory or honor of loved ones. This is a great way to recognize your loved one while supporting MSHL. You can also bequeath a donation in memory/honor by including MSHL in your final wishes and/or including us in your will.



Consider donating your unused gift cards! We can use any of your unused gift cards that you no longer want or need. Just drop them off at the front office when you are here next.



Greeting Cards are only 25 cents!



If you shop at **Kroger**, you can support MSHL at **NO COST** to you. **Kroger** donates to non-profits based on your purchases. Check out **Kroger Community Rewards**. Come to the office—we can help you sign up!



BE A SUSTAINING SUPPORTER

Will you consider being a sustaining supporter of Milan Seniors for Healthy Living? Research shows that non-profits receiving a regular payment every month from their supporters are much more likely to succeed and grow. Call the office with your support—Thank You!!

THIS MONTH'S WISH LIST

Regular Coffee Pods



Donate your old but usable eyeglasses!

Memberships

BE A SUSTAINING SUPPORTER

Will you consider being a sustaining supporter of Milan Seniors for Healthy Living? Research shows that non-profits receiving a regular payment every month from their supporters are much more likely to succeed and grow.

How do your regularly planned dollars help?

- **MORE** time spent working directly with you because...
- **LESS** time spent writing grants that make ends meet.
- **MORE** senior neighbors reached because...
- **LESS** time spent courting corporate sponsors to meet the budget.
- **MORE** quality activities and programs

You can set up your sustaining support by calling the office at 734-508-6229 or by visiting our website at www.milanseniors.org.

MEMBER'S ONLY PERKS

Now accepting 2025 Memberships!



Standard (\$20)
Premium (\$50)
Lifetime (\$200)

We have 3 levels of memberships. Stop by to fill out your annual paperwork. You will get your monthly newsletter mailed or emailed to you so you never have to miss out on the great things we are doing here at MSHL!

- **Acupuncture**
- **Podiatry**
- **Free Birthday Lunch**
- **Member's Only Luncheon**
- **Discounts on Programming & Passes**



- Companion Care
- Personal Care
- Specialty Care

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Right at Home Ann Arbor provides a range of in-home care options for seniors and adults with disabilities. Don't think of our services as one-size-fits all. We know everyone's needs are different, so our care plans are uniquely tailored to each individual. Whether it's helping with dressing and hygiene, providing medication reminders, or simply providing transportation to medical appointments, Right at Home's dedicated caregivers will help you or your loved one navigate life.



We treat your loved one like family, offering respite for you and enhancing the caregiving experience

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Anne Farmer	James LeBar	Richard Sheff	Michael Yates
James Fitch	Janae LeBar	Nancy Simpson	Kristen Zander
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Cindy Swope

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Shannon Wayne

MAKE AN IMPACT - MSHL'S LEGACY ENDOWMENT

You can invest in Milan senior services through MSHL's new Legacy Endowment Fund. MSHL is honored to receive donations in memory of loved ones.

Inclement Weather

Milan Seniors for Healthy Living follows the inclement weather policy of Milan Areas Schools. If school is closed, MSHL is also closed. Neither the school system nor the senior center takes closing lightly. We have total trust in Mr. Girbach and his team and the hours they put into making the decision. We do not feel a need to recreate the wheel. Also, it is a very clean way to let everyone know when we are closed. One thing we have learned, there is not one right answer for everyone. We ask that you trust what we are doing is best for all involved. We want our members, staff, transportation and Meals on Wheels drivers safe – this is our top priority. Like you, we are happiest when we are all together.

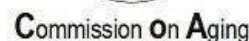


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FUNDERS \$5000+

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Email mshl@milanseniors.org for more information.

WHAT'S HAPPENING AT MSHL

December 2024

Monday	Tuesday	Wednesday	Thursday
2 9:00 Acupuncture p8 10:00 Cardio Drumming p2 11:00 Twistin' Strings p6 11:00 BP Checks p2 11:00 Jeopardy p6 12:00 Senior Café p4 12:30 Deby's Designs p6 12:30 Bingo p10 12:30 Cranium Crunch p6 2:00 Chair Yoga p2	3 9:00 Men's Hour p7 10:00 SitFit p2 12:00 Senior Cafe p4 12:30 Movie—"Miracle on 34th Street" p3 12:30 Euchre p10 1:30 Meditation p7	4 11:00 Women's Hour p7 12:00 Senior Café p4 12:30 Bingo/Euchre p10 2:00 Chair Yoga p2 	5 10:00 eXercise4U p2 10:00 Quilting B's p7 11:00 Aging Strategies p4 12:00 Senior Café p4 12:30 Bingo/Euchre/Mah-jongg p10 7 SATURDAY 2:00—Sugar Plum Tea p3
9 9:00 Acupuncture p8 10:00 Cardio Drumming p2 11:00 Twistin' Strings p6 11:00 BP Checks p2 12:00 Senior Café p4 12:30 Diamond Art p6 12:30 Bingo/Bunco p10 2:00 Chair Yoga p2	10 9:00 Men's Hour p7 10:00 SitFit p2 12:00 Senior Cafe p4 12:30 Christmas Movies p3 12:30 Euchre p10 1:30 Meditation p7 5:30—Bingo Fundraiser p5	11 11:00 Women's Hour p7 12:00 Senior Café p4 12:30 Bingo/Euchre p10 12:30 Popcorn w/ Pastor p7 2:00 Chair Yoga p2	12 Rummage Sale 9:30 Crafting w/Sharon p4 10:00 eXercise4U p2 10:00 Quilting B's p7 12:00 Birthday Lunch p9 12:30 Bingo/Euchre/Mah-jongg p10
16 9:00 Acupuncture p8 10:00 Cardio Drumming p2 11:00 Twistin' Strings p6 11:00 BP Checks p2 12:00 Senior Café p4 12:30 Bingo p10 12:30 Cranium Crunch p6 2:00 Chair Yoga p2	17 9:00 Men's Hour p7 10:00 SitFit p2 12:00 Senior Cafe p4 12:45 Blue Christmas p1 12:30 Euchre p10	18 11:00 Women's Hour p7 12:00 Member's Only Christmas Meal p9 12:30 Bingo/Euchre p10 1:00 Talk of the Town p7 2:00 Chair Yoga p2 2:30 Tech Talk p6	19 9:30 Wreath Making p4 10:00 eXercise4U p2 10:00 Quilting B's p7 11:00 Christmas Party p9 12:00 Senior Café p4 12:30 Bingo/Euchre/Mah-jongg p10 2:00 PT Todd p6
23 <i>Closed</i>	24 <i>Closed</i>	25 <i>Merry Christmas!</i>	26 <i>Closed</i>
30 <i>Closed</i>	31 <i>New Year's Eve Party p11</i>	1 January <i>Happy New Year</i>	2 January <i>Closed</i>